



### **The PE Department will seek to ensure that all pupils:**

- Are encouraged to succeed and excel in sport.
- Are provided with opportunities to become physically confident in a way which supports their health and fitness.
- Are given opportunities to compete in sport and other activities to build character and help embed values such as fairness and respect.
- Understand some theoretical aspects related to sport.
- Understand the need to stay fit and healthy throughout their lives.

### **Curriculum Intent**

Students are central to everything that we do. Our curriculum is designed to:

- Develop competence to excel in a broad range of physical activities.
- Ensure students are physically active for sustained periods of time.
- Provide equality of opportunity for all our students.
- Engage students in competitive sports and activities.
- Provide programmes of learning which suit the learning styles of individual students.
- Allow flexibility to meet the needs of each student – thus ensuring that all students can achieve at least their expected attainment and progress.
- Encourage students to lead Healthy, active lives

### **Curriculum 2019/2020**

The curriculum at Wolstanton is aimed to provide a personalised experience for our students, designed to meet their individual needs. This is achieved by:

- Treating all students as individuals.
- Planning learning to meet the needs of all our students.
- Offering a comprehensive range of subjects to be studied.
- Focusing on developing students' skills.
- Providing different curriculum pathways.
- Providing a range of extended learning experiences outside of the classroom.
- Ensuring students have access to high quality information, advice and guidance.

### **Key Stage 3 Curriculum Content**

Pupils will build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They will understand what makes a performance effective and how to apply these principles to their own and others' work. They will develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils will be taught to:



- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games such as: badminton, basketball, cricket, football, netball, rounders, handball, rugby and table tennis
- develop their technique and improve their performance in other competitive sports such as: athletics and gymnastics.
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

### Key Concepts in PE

**1. Competence** – The relationship between skill, the selection and application of skills, tactics and compositional ideas and the readiness of body and mind to cope with physical activity.

**2. Performance** – Using physical competence and knowledge and understanding of physical activity to produce effective outcomes when participating in physical activity.

**3. Creativity** – Exploring and experimenting with techniques, tactics and compositional ideas to produce efficient and effective outcomes.

**4. Healthy, active lifestyles** – Understanding the positive contribution that regular, fit for purpose physical activity makes to the physical and mental health of the individual.

### Key Processes in PE

**1. Developing skills and techniques** (fundamental motor skills)

**2. Decision making** e.g. which pass to make, what substitution to make

**3. Physical and mental capacity** (components of fitness and a healthy, balanced lifestyle)

**4. Evaluating and improving** (characteristics of skilful movement, goals, assessing the body's readiness for exercise)

**5. Making informed choices about active, healthy lifestyles.**



### **Extended Learning Expectations**

Students will be directed to sports clubs in the local community and may choose if they wish to attend in any sports which they have enjoyed during their PE lessons.

### **Homework**

Students are encouraged to attend extra-curricular sports sessions for at least 1 hour per week.

### **Specialist equipment**

Football boots, shin pads, gum sheild (The teacher will instruct the students before they will be required to bring these into school)

### **Years 10 & 11 Curriculum Content (Core PE)**

#### **Key stage 4**

Pupils will tackle complex and demanding physical activities. They will get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Pupils will be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games such as: badminton, basketball, cricket, football, handball, netball, rounders, rugby and table tennis
- develop their technique and improve their performance in other competitive sports such as athletics.
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

### **AQA GCSE Physical Education (option choice)**

AQA GCSE Physical Education is offered as an option subject to all students. This course enables students who have enjoyed PE at key stage 3 to gain a more in depth knowledge of the theoretical aspects of PE. Due to the majority of the course being of a theoretical nature lessons are split between the classroom and practical working spaces. This course sets students up well if they intent to go on to study a sports related course at key stage 5.

The course breakdown is as follows:



- **Exam Paper 1** (1 hour 15 minute, 78 marks) – The human body and movement in physical education and sport (30%)
- **Exam Paper 2** – (1 hour 15 minute, 78 marks) – Socio-cultural influences and well-being in physical activity and sport (30%)
- **Coursework** (Completed during lesson time) – Analysis and evaluation of a chosen sport (10%)
- **Sport 1** (Must be a team sport from a chosen list) – (10%)
- **Sport 2** (Must be an individual sport from a chosen list) – (10%)
- **Sport 3** (Must be either a team or individual sport from a chosen list) – (10%)

### **Assessment Objectives**

Pupils will be assessed against the following objectives:

- AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.
- AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

### **Coursework**

Comprises of one assignment:

Assignment One: Analysis and evaluation of performance to bring about improvement in a sport of your choice. (10% of overall qualification)

### **Extended Learning**

All pupils are encouraged to join sports clubs in the local community.

### **Study Support**

Pupils are given the opportunity to complete work at lunchtime and after school, on days convenient to staff, starting September and throughout the academic year.

### **Homework type/frequency**

- Homework will be set weekly using an online programme (Kerboodle). This will test knowledge learnt from the previous week. All students are expected to play sport outside of school to prepare for the practical element of the course.